

How do I use the Work/Life Services Web Page?

- Go to www.michigan.gov/esp
- Click on "Work Life Services"
- Choose from the following menu:
 - Family
 - Childcare
 - Eldercare
 - Physical Fitness/Wellness
 - Mental Fitness
 - Financial Services
 - Domestic Violence
 - Legal Services

Each page provides information about your chosen topic, and links to other web pages that guide you in contacting additional resources.

About the Employee Service Program

The mission of the Employee Service Program is to provide the highest quality professional and confidential assistance to state employees and their family members, to promote wellness and prevent or resolve personal or organizational issues that may interfere with work productivity, home life or behavioral health.

For more information about the Employee Service Program, contact either office:

LANSING

(800) 521-1377 or (517) 373-7630

Capitol Commons Center
400 S. Pine, Suite 103
Lansing, MI 48909
Fax: 517-335-5678

DETROIT

(313) 456-4020

Cadillac Place
3068 W. Grand Blvd, Suite 4-300
Detroit, MI 48202
Fax: 313-456-4021

Hearing- and/or speech-impaired employees may contact the Michigan Relay Service for assistance by calling 1-800-649-3777.

Employee Service Program

WORK/LIFE SERVICES WEB PAGE



for
STATE OF MICHIGAN
Employees And Their Family Members

800-521-1377
517-373-7630

Visit our website:
www.michigan.gov/esp

About Work/Life Services

The Mission of Work/Life Services is to help State of Michigan employees manage the demands of work and their personal life when the need arises. The Work/Life Services web page offers a variety of services dealing with family, childcare, eldercare, physical fitness/wellness, mental fitness, financial services, domestic violence, and legal services. The following provides an overview of what these services are.

Family

The State of Michigan employs approximately 48,000 employees in various work settings. Some employees work irregular shifts, which can result in extra pressure on family members. Employees may experience conflict balancing the responsibilities and roles of work and family life.



Childcare



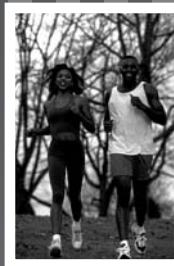
Raising children isn't easy, and it's especially challenging when both parents are working. When work schedules vary, parents often have to juggle child care arrangements. Information is available on parenting questions and childcare needs.

Eldercare

Are you a member of the "Sandwich Generation?" People who are taking care of both their aging parents and their children are considered part of the "Sandwich Generation." There are organizations that can help you understand your parent's needs, ones that can help with taking care of senior citizens, crisis management services, and provide information on other available community services.



Physical Fitness/ Wellness



Fitness is very important for good health. Besides feeling better mentally, exercising can help protect you from heart disease, stroke, obesity, diabetes, and high blood pressure; and it can make you look younger, increase and maintain bone density, improve the quality of your life, and may keep you from getting sick. Exercising also helps you control stress better, and can make you feel happier and less nervous.

Mental Fitness

Depending on the type of work you do, working conditions can sometimes be intense and demanding. That is why it is very important to be mentally fit both at work and at home. To have good mental health, an employee needs to be able to 1) cope with the stresses of life in a healthy manner, 2) adjust to changes, 3) have a sense of balance in life; and 4) have self-confidence.



Financial Services

Did you know that most of us spend ten percent more than we make each month? Sometimes it is hard to keep track of how much we spend because of the use of credit and debit cards, and automatic transactions. It is very easy to spend and not save anything.



Domestic Violence



What is domestic violence? Domestic violence is when one person in a relationship tries to physically or psychologically control the other. Examples of abuse include:

- Put-downs or name-calling
- Physical harm
- Threats of physical harm
- Intimidation
- Sexual assault

Anyone can be a victim of domestic violence. Victims can be any sex, race, age, or culture. When children are present, they are also likely to be abused and/or not taken care of.

Legal Services

There are many reasons why state employees may need legal services. An estimated 90 percent of the population needs legal assistance at one time or another for things like money issues, buying and/or selling real estate, credit problems, tenant/landlord difficulties, bankruptcy and debt. Other reasons may include family matters such as divorce, child support and custody issues, taking care of senior citizens, powers of attorney, and will preparation.

